

**IN THE ABSTRACT**

Please insert the following abstract into the application:

The present invention is an apparatus and method for pouring a specific, predetermined amount of a substance from a container without having to measure the substance. The substance is preferably a liquid or a powder. The apparatus comprises a container, a buffer chamber connected to the container, a dosage chamber connected to the buffer chamber, and an opening. When a user tilts the container up, the substance flows from the container to the buffer chamber through an opening. When the container is placed back down, a predetermined amount of the substance flows into the dosage chamber. When the container is tilted once again, the predetermined amount of the substance contained in the dosage chamber flows out through the opening.